

School Food Service

BREAKFAST

School food service directors and personnel are very important to the educational process. Their work completes the cycle of providing a healthy learning environment through serving school meals.

The National School Lunch Program offers an opportunity for students in school to have a nutritious meal during the day. This not only helps to take the focus away from hunger but also improves a student's academic performance.



Providing a nourishing breakfast every day allows your staff to be a part of the educational team. Breakfast is another way to improve the education of students in school. Some of your concerns with having the School Breakfast Program will be addressed in this section. Cited studies prove the impact of breakfast on learning. Ideas are included for menu and meal planning.

Food service staff may have concerns about...

FOOD SERVICE ROLE

Food service operates as part of the educational team in schools; therefore, you do more than just serve food to children. You help to support a healthy learning environment for students. By making breakfast an option, you provide parents a choice to feed their children at school. You are making a contribution to the success of students in your school by making breakfast available.

WORKLOAD

Operating the School Breakfast Program does not necessarily mean more work for food service personnel. When compared to lunch, breakfast can be simpler to prepare. Depending on the breakfast service method you choose, it can be set up to work with your current operation with very little change. It may even increase your revenue enough to employ more people for longer hours, allowing you to offer benefits for your employees. Also, prepackaged breakfast foods keep labor to a minimum.

MONEY

Your school can provide breakfast without financially burdening the school food service program. USDA provides reimbursement for every breakfast served that meet nutritional guidelines. Schools with high numbers of free and reduced priced participation may find it is possible to offer free breakfast to every student.